

## REFORMERING YOUR MAT - PAA WORKSHOP

### ASSESSMENT QUESTIONS

#### **Instructions:**

Complete **both** assessment questions and upload as a .pdf to your online membership file for assessment.

#### **Private Class:**

Choose three reformer mat exercises that you would use with a client in a private class setting. Each exercise can be for the same client or for three different clients.

For each exercise, state:

- 1) The reasons for choosing the exercise for this particular client (relate the purpose of the exercise to the clients needs).
- 2) The specific cueing and modifications you might use in teaching the exercise (tailor the exercise to the clients needs/abilities).

#### **Group mat class:**

Choose three reformer mat exercises that you would use in a group mat class setting. Each exercise can be for the same class level or for three different class levels (e.g. beginner, basic, intermediate, advanced, rehab, etc.)

For each exercise, state:

- 1) The reasons for choosing the exercise for this particular group level (relate the purpose of the exercise to the clients needs).
- 2) The specific cueing and modifications you might use in teaching the exercise (tailor the exercise to the groups needs/abilities).